

50 Mile Club

Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Miles	2 Miles	3 Miles	4 Miles	5 Miles	6 Miles	7 Miles
8 Miles	9 Miles	10 Miles	11 Miles	12 Miles	13 Miles	14 Miles
15 Miles	16 Miles	17 Miles	18 Miles	19 Miles	20 Miles	21 Miles
22 Miles	23 Miles	24 Miles	25 Miles	26 Miles	27 Miles	28 Miles
29 Miles	30 Miles					

Total Miles _____